

# not a runner? get involved in 2011...

In 2011 we are celebrating 15 years of seeing lives changed through the work of Christians Against Poverty.

We want to extend the opportunity for you to celebrate with us whilst raising awareness and money through sponsored events! Here's just a few to get you started...



## Fundraising Ideas...

Sponsored:

Event ideas:

Big Walk

Skydive

[www.skylineparachuting.co.uk](http://www.skylineparachuting.co.uk)

Slim

Children's Toddle

Swim

Cycle London to Paris

[www.londonparisbikeride.co.uk](http://www.londonparisbikeride.co.uk)

Travel/Climb a

distance on gym

Silence

Shave

Vegetarian month

Coffee and Cake

Morning

Quiz Night

Music Marathon

Meal of Hope

Cheese and Wine

Party

Fifties Evening

Dress down day in your school/office

Murder Mystery

Movie Night

Why not tick the ones that appeal to you and put a date in your diary? Simply click [HERE](#) to download your sponsor form.

Phone us on **01274 760560** or email [sponsoredevents@capuk.org](mailto:sponsoredevents@capuk.org) for more information or help with your fundraising idea.



This is a great way to raise money for CAP while enjoying food with friends. Simply host a meal and take a donation for CAP. One supporter wrote, 'I worried before that having friends for dinner while expecting a donation would be awkward, but CAP provided a DVD showing what CAP does and my friends were happy to give!'

